

Health Tips

for seniors

Dietary fat and your health

Facts

- High dietary intakes of fat, particularly saturated fat & *trans* fat, can increase your risk for heart disease, obesity, & certain types of cancers.

Recommendations

- Keep total fat intake to 20 to 35% of total daily Calories
- Three main categories of fats:
 1. Saturated (< 10% of total daily Calories)
 - Whole milk, poultry, butterfat, meats, beef tallow, coconut & palm kernel oils
 2. Monounsaturated (10 - 15% of total daily Calories)
 - Canola, olive, peanut, & safflower oils & nuts
 3. Polyunsaturated (10% of total daily Calories)
 - Sunflower, soybean, cottonseed & corn oils, & fish like salmon
- Limit consumption of *trans* fats (read your food labels)



Suggestions to reduce dietary fat

- Do not fry foods; Steam or microwave vegetables
- Purchase lean cuts of meat & trim visible fat away
- Remove the skin from poultry
- Choose skim or 1% milk instead of whole milk
- Cook with small amounts of vegetable oils/sprays instead of lard



For more information visit www.eatright.org

Erie County Department of Senior Services

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